

Intervention: Point-of-decision prompts

Finding: Sufficient evidence for effectiveness

Potential partners to undertake the intervention:

- | | |
|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
| <input checked="" type="checkbox"/> Nonprofits or local coalitions | <input checked="" type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input checked="" type="checkbox"/> Health care providers | <input checked="" type="checkbox"/> Local public health departments |
| <input checked="" type="checkbox"/> State public health departments | <input checked="" type="checkbox"/> Policymakers |
| <input checked="" type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Background on the intervention:

Signs placed near escalators and elevators to motivate people to use the stairs are effective in two ways: (1) by describing an opportunity to be active to already active people; and (2) by informing people of the health benefit of stair walking.

Findings from the systematic reviews:

The Guide to Community Preventive Services reports sufficient evidence for effectiveness for this intervention. The Community Guide is a well respected source of evidence-based practices in public health. With guidance from the Task Force on Community Preventive Services, it summarizes what is known about the effectiveness, economic efficiency, and feasibility of interventions to promote community health and prevent disease for a variety of topics.

References:

[Guide to Community Preventive Services](http://www.thecommunityguide.org/pa/default.htm) - <http://www.thecommunityguide.org/pa/default.htm>